**EXERCISE FOR DIABETES**

**Regular exercise can help put you back in control of your life.**

If you’re not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you’re active, your cells become more sensitive to insulin so it works more effectively. And you just feel better. And look better.

So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part.

**Get started. But get started safely.**

It doesn’t matter where you are physically. If you’ve never set foot in a gym, that’s okay—as long as you start doing something now. If you haven’t been very active or are worried about your health, it’s important to consult your doctor and start slowly.

Light walking is a great place to start—and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to an audio book. Set goals every day and meet them and you’ll start feeling like you’re back in control of your life.

**Even little changes make a big difference**

If you’re still struggling with getting started or feeling overwhelmed by the idea of starting a more active life, take heart: every change, no matter how small, makes a difference in your ability to manage diabetes. Even losing 10-15 pounds can have a significant impact on your health. The power to change is firmly in your hands—so get moving today.